**Strengthening Mental Health Through the Role of Self-Disclosure and Self-Compassion for Teenagers in Orphanage**

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**Abstract.** Adolescence is a transition from childhood to adulthood marked by problems and results in mental health, so parental assistance is needed. However, it is a different story with teenagers who live in orphanages where they do not feel their parents' love either because they are orphans or other factors. It is necessary to have Self-Disclosure and Self-Compassion attitudes in tackling the problems of orphanage youth, especially mental health. This study aimed to analyze the role of Self-Disclosure and Self-Compassion on the mental health of adolescents in orphanages and to analyze the causes and ways to overcome mental health disorders for adolescents in orphanages. The research used the Mix Method with 43 samples aged 12-18 years taken at the Daarut Taqwa Orphanage, Minggir, Sleman, Yogyakarta. Data collection techniques using interviews, observations, and research questionnaires. Qualitative data analysis uses reduction, display, and conclusion techniques, and quantitative data analysis uses multiple linear regression. The results showed an effect of Self-Disclosure 19.7% and Self-Compassion 21.9% on the mental health of orphanage youth. The other 58.4% are influenced by upbringing, environment, education, Etc. The multiple linear regression test results showed the effect of Self-Disclosure and Self-Compassion of 23% on the mental health of orphanage youth. Factors affecting the mental health of orphanage youth include the background of adolescents from families of domestic violence, victims of pornography, and poor parenting.

***Keywords:*** *Self-Disclosure, Self-Compassion, Mental Health, Youth, Orphanages.*